

Individual Health Check-up at Medical Institutions and Colon Cancer Screening

<Specific Health Checkup>

Specific Health Check-up focusing on metabolic syndromes will be held.

Subject Person

Aged 40-74 who is a member of National Health Insurance *The medical check-up coupon was sent to an eligible person in the middle of May.

- ●Period Thu, June 1st, 2023 Thu, Feb. 29th, 2024 *During clinic hours
- ●Fee 500 yen
- Necessary Items ◆ Specific Health Check-up Coupon ◆ Health Check-up Fee ◆ Health Insurance Card
- *This health check-up is also available at General Medical Check-up (mass-examination). For further information, please contact us.

<Colon Cancer Screening>

- ●Subject Person Aged 40 and above, born before April 1st, 1984
- ●Period Thu, June 1st, 2023 Thu, Feb. 29th, 2024 *During clinic hours
- Check Method Fecal Occult Blood Test Two days
- ◆Fee ◆Aged 69 and Under: 700yen ◆Aged 70 and above: Free *The fee will be free if a person aged 69 and under has one of the followings.
 - ◆ Older Senior Citizens' Medical Insurance card ◆ Public Assistance Recipient Certificate ◆ Co-Payment Exemption Notice for Colon Cancer Screening
- *As for the medical institutions where these check-up and screening are available, please refer to the June 1st issue of city magazine "Onojo".
- How to Apply for Co-Payment Exemption Notice for Colon Cancer Screening at Medical Institutions (Advanced Application)
- ●Subject Person Aged 69 and under who is a member of municipal and prefectural tax-exempt household
- ●How to Apply By sending post card with 「大腸がん検診用自己負担金免除通知書」(Co- Payment Exemption Notice for Colon Cancer Screening) in the title and with your name, address, birthday, telephone number in the text written.
- Application Deadline 2 weeks prior to the screening date
- *There is no refund after you take the screening at your own expense. For further information, please refer to the HP of Onojo City or contact us.



June 1st, 2023 issue (No.1)

←Scan the code to access English page of Onojo City

Notice of National Health Insurance Tax Payment

Notice of National Health Insurance Tax Payment for 2023 (April 2023 - March 2024) will be sent to the head of household in the middle of June. To the person who made a payment by deduction from your pension in 2022, it will be sent in the middle of July. Even if the head of household is not a member of National Health Insurance, this notice will be sent to the head of household when the household has at least one family member who is a member of this insurance. In that case, the tax of the head of household is not included. *The person aged 75 and above who is a member of Older Senior Citizens' Medical System is required to pay the premium of the system. The payment notice of the premium will be sent in the middle of July. For further details, please check the June 1st issue of city magazine "Onojo" or call us.

Start from Fri, June 9th

Issuance of Certificate of Municipal and Prefectural Tax for 2023

The certificate of Municipal and Prefectural Tax and Income Certificate for 2023 (Jan. - Dec. 2022) calculated based on the income and the deduction in 2022 will be issued from Fri, June 9th.

Necessary Items

◆Document with your photo to identify yourself such as My Number Card (Individual Number Card), a valid passport, a valid driver's license card. In case of not having above items, more than one item below is necessary.

Health insurance card, Pension booklet, Student ID card, Company staff ID card, Cash card with your name

*Applicants are required to present the above ID documents at Municipal Taxation Section.

*If any person other than you apply, letter of attorney (委任状) is necessary.

For application or further information, please contact Community Culture Section





Free Coupons for Screenings of Uterine Cervix Cancer and Breast Cancer

Please take the screenings of Uterine Cervix Cancer and Breast Cancer for your health! Free coupons for each cancer screening, a guide for undertaking the screening and Cancer Screening Pocketbook about each cancer will be sent to subject citizens around the beginning of June. With the coupons, you can take the screenings for free at a general medical check-up and designated medical institutions.

- *Please make a reservation when you take the screening at a designated medical institution.
- *A list of medical institution where you can take the screenings is sent with the free coupons.
- ●Valid Period Tue, Jun. 13th, 2023 Thu, Feb. 29th, 2024
 *In case of moving into Onojo City on Thu, April 20th in 2023 or after, please contact us.

Subject Person

Screening by Section	Age	Birth Date
Uterine Cervix Cancer	20	April 2 nd ,2002 - April 1 st ,2003
Breast Cancer	40	April 2 nd ,1982 - April 1 st ,1983

*Age: As of April 1st, 2023



■ Assistance for self-pay amount

In case of having undertaken the screenings at your own expense from April 1st till the receipt of the free coupons, the fee will be assisted except for a medical treatment under health insurance and the screening at a comprehensive medical examination.

Necessary Items

- ◆receipt of the screening (the original) ◆Free Coupons
- ◆Information of your bank account ◆Your Seal
- ◆Result of the screening

June 1st, 2023 issue (No.2)

Prevent Heatstroke!

Severe heatstroke can possibly lead to death. Please take preventive measures as follows:

- (a) Drink liquid even when you don't feel thirsty. Get salt when you sweat a lot.
- (b) Pay attention to the temperature. Use fans or an air conditioner indoors. Wear sweat-absorbent material clothing.
- (c) Maintain your health. Take adequate diet and sleep.
- (d) Consider others and speak to each other at home and office, etc.
- (e) About half of heatstroke patients are seniors. Pay attention to the temperature even in a room and drink liquid often.
- (f) Have a rest and liquid often when you are outside. Do not leave children in a car as the temperature inside of a car will be very hot (about 50 degrees Celsius).

Watch out for Red Back Spiders!

Venomous spiders named Red Back Spider were found the dwelling in many areas of Fukuoka prefecture. They are not aggressive. However you will get bitten if you touch them. Their bite is poisonous to people and possible symptoms in case of the bite are localized pain, sweating, having a fever, swelling and redness at the bite site. If you get bitten, please rinse the bite site with water gently and visit a hospital. When you find the spider, please do not touch it. Also, please report us when you find it.

For application or further information, please contact Community Culture Section





Onojo Cocoro-no-furusato-kan City Museum Information

- Japanese History Experience held in June -

Cocoful Workshop

Date		Contents	
	Sat, June 3 rd / Sun, June 4 th Sat, June 10 th / Sun, June 11 th Sat, June 17 th / Sun, June 18 th	Let's Make decoration of Tanabata (Star Festival)!	
	Sat, June 24 th / Sun, June 25 th	Let's try "Origami" (paper folding)!	

• Subject person Whoever wants to join.

*3rd graders of elementary school and younger must be accompanied by their guardians.

●Time 10:00am - 4:00pm (Reception is closed at 3:30pm.)

● Venue Kids History Experience Room

[1st Floor, Onojo Cocoro-no-furusato-kan City Museum]

● Fee Free *It will end when materials run out.

*For application or further information, please contact us.





Onojo Cocoro-no-furusato-kan City Museum

Visitors are able to learn the history of Onojo City easily and widely through exhibitions.

Closed Every Monday

*If Monday falls on a public holiday, the museum is closed on the following weekday.

● Hours 9:00am - 7:00pm

● Admission Permanent Exhibition: Free

*Special Exhibition: Charged

● Address 3-8-3 Akebono-machi, Onojo City



June 1st, 2023 issue (No.3)

Let's find various creatures in Donpo-no-mori Park!

Why don't you join this observation event and enjoy finding various creatures and plants in Donpo-no-mori Park at the beginning of summer?

• Subject Person elementary school students and their guardians *Application from company and group is not acceptable.

● Date and Time Sat, June 24th 9:45am-12:15pm

*In the case of rain, craft making will be held at Onojo Midori-no-trust Kyokai Jimusho (Onojo Green Trust Foundation Office) in Furukawa Park.

• Meeting point

Onojo Midori-no-trust Kyokai Jimusho (Onojo Green Trust Foundation Office) in Furukawa Park [Mikasagawa, Onojo City]

Limit 20 people (First-come first-served basis)

Fee free

*Please join wearing casual clothes with long sleeves and longs, and shoes.

● How to apply Please call us

● Application Period Mon, June 12th - Fri, June 16th

Reception Time: Weekday, 8:30am - 5:00pm

Have you paid Municipal and Prefectural Tax and National Health **Insurance Tax?**

The deadline of the 1st payment of the above taxes is Fri, June 30th. Delinquent charge will be charged when the payment of these taxes is overdue. Please make sure to pay by the deadline.

Delinquent Charge 8.7% annually for 2023

*From the next day of the deadline to the day a month passes: 2.4% annually

*Making a payment of municipal tax etc. by direct debit is convenient. For application, please contact us.

For application or further information, please contact **Community Culture Section**







June 1st, 2023 issue (No.4)

Earthquake Early Warning for Drilling

Earthquake Early Warning for Drilling announced by The Fire and Disaster Management Agency and The Japan Meteorological Agency will be broadcast in Japanese.

Date

Thu, June 15th Around 10:00am

*Will be cancelled depending on the weather conditions and seismic activity.

<English Translation>

[(Sound of Alert) "This is Disaster Prevention Onojo City Office. We are going to broadcast Earthquake Early Warning for a drill"] \Rightarrow [(Sound of Alert) "Earthquake Early Warning.", "This is a huge earthquake", "This is a huge earthquake", "This is a broadcast just for a drill."] \Rightarrow (Repeated three times) \Rightarrow ["This is Disaster Prevention Onojo City Office. This is the end of the broadcast for the drill." (Sound of Alert)]

What is "Earthquake Early Warning (Kinkyu Jishin Sokuho)"?

Onojo City uses the system of "J-Alert (Emergency Information Alert)" to inform Earthquake Early warning (EEW). When occurrence of an earthquake with a seismic intensity of 4 and upper is forecast in Fukuoka Area, EEW which is transmitted from the government will be broadcasted by the disaster information communication system which is installed in 61 places inside Onojo City.

Let's go to "Star-dome-madoka"! Let's watch "Leo" together!

- Date and Time Sat, Jun. 24th 7:00pm 8:50pm
- **●Contents** ♦ Observing the stars in summer with a telescope
 - ♦ Observing the moon with a telescope
 - Venue Kita Community Center, Star-dome-madoka
 - •Fee Free
 - *No registration in advance necessary.
 - *Junior High School students and younger must be accompanied by their guardians.
 - *In the case of rain or cloudiness, a story telling will be held in a room.

Emergency Support Benefit for Rise of Price of Electric Power, Gas, Food, etc.

Emergency support benefit will be provided to low-income households. It is to take into consideration that rise of price of electric power, gas, food, etc. will greatly affect household budget of low income households.

Subject Person

Households registered with Onojo City as of Jun. 1st, 2023 and all members in the same household are exempted from residential tax (per capita levy) for FY2023.

- Benefit Amount 30,000 yen per household
- *Payment is done only once.

●How to Apply

We will send the notification to subject households during the period from the end of June to the end of July.

● Application Deadline Tue, October 31st, 2023

*Application postmarked on October 31st will be deemed valid.

For application and further information, please contact us.

Joe'BOX



Don't feel alone.

Please email us at shakai@city.onojo.fukuoka.jp if you have any problems living in Onojo City.

For application or further information, please contact Community Culture Section



June 1st, 2023 issue (No.5)

Novel Coronavirus (COVID-19) Vaccination

Mass Vaccination

For further information about vaccination, please check the HP of Onojo City or contact us.

You need to make a reservation to receive COVID-19 vaccination.

- ●How to make a vaccination reservation
- ◆Prepare your vaccination ticket at hand.
- ◆You can make a vaccination reservation by phone or online.
- ♦ If you need any help such as language support at a vaccination venue, please let us tell when you make a reservation.

*If you cancel your vaccination reservation for some reason, please let us know by one day before your vaccination day by phone or online. We only accept cancellation on the day of your vaccination day by phone.

*You cannot make or change a reservation at a vaccination venue.

Contact to make a reservation

♦Online



【Onojo City COVID-19 Vaccination Reservation Website】

♦By Phone

Onojo City COVID-19 Vaccination Call Center at **092-580-1892**

*Reception time:

♦ Weekdays 9:00am - 7:00pm

♦ Saturdays, Sundays and National holidays 9:00am - 5:00pm

(Continued on the right column)

Novel Coronavirus (COVID-19) Vaccination Consultation regarding COVID-19 in foreign languages

For consultation regarding COVID-19 in foreign languages, please contact the phone numbers below.

● Fukuoka Multilingual Assistance and Information Center

TEL: 0120-279-906 (Toll-free)

*Reception Time: 10:00am - 7:00pm *except Dec. 29th - Jan. 3rd

*Support Languages: Japanese, English, Chinese, Korean, Vietnamese, Nepalese, Indonesian, Tagalog, Thai, Malay, Spanish, French, German, Italian, Russian, Portuguese, Myanmarese, Khmer, Mongolian, Sinhala, Hindi, Bengali

♦ Telephone Consultation Service by Ministry of Health, Labour and Welfare

● Regarding Novel Coronavirus **TEL**: **0120-565-653** (**Toll-free**)

Regarding Novel Coronavirus Vaccines

TEL: 0120-761-770 (Toll-free)

*Reception Time:

♦ Japanese, English, Chinese, Korean, Portuguese, Spanish: 9:00am - 9:00pm

♦ Thai: 9:00am - 6:00pm ♦ Vietnamese: 10:00am - 7:00pm

*Service is provided on weekends and national holidays as well as weekdays.

• Medical consultation such as side effect

TEL: 092-687-4884

*Reception Time: 9:00am - 9:00pm

*Service is provided on weekends and national holidays as well as weekdays.

*Support Languages: English, Chinese, Korean, Vietnamese, Indonesian, Tagalog, Thai, Nepali, Malay, Spanish, Portuguese, German, French, Italian, Russian, Khmer, Myanmar, Sinhalese, Mongolian

For application or further information, please contact Community Culture Section



June 1st, 2023 issue (No.6)

Novel Coronavirus (COVID-19)

Regarding Appropriate Mask Usage (Starting from 13th March 2023)

Starting from 13th March 2023, the use of mask will depend on personal choices. Please remember to be understanding and respectful of personal choices not to force someone to wear or take off their masks. We recommend wearing a mask in certain settings, in order to prevent the elderly and those who at high risk of severe illness from being infected.

Mask use will be recommended for:

- When in medical institutions.
- When visiting medical institutions and nursing homes.
- Crowded settings such as crowded commuter trains and buses.

Mask use to protect yourself from the infection:

Mask use is effective for:

- People who have a higher risk of serious illness such as elderly people, people with underlying conditions: chronic liver disease, cancer, cardiovascular illness, etc. and pregnant women. *Especially in crowded settings.
- Those who work in settings such as healthcare facilities and nursing homes, in proximity to those who have a high risk of severe illness, including the elderly and immunocompromised.

For further information, please refer to the website of the Ministry of Health, Labour and Welfare.

https://www.mhlw.go.jp/stf/seisakunitsuite/bunya/0000164708_00079.html

(Referenced from the website of the Ministry of Health, Labour and Welfare)

Joe'BOX



Don't feel alone.
Please email us at
shakai@city.onojo.fukuoka.jp
if you have any problems living in Onojo City.

Consultation Service for Novel Coronavirus Infection

Consultation for Visiting Medical Institution

'Chikushi Health and Welfare Environment Office (Consultation Call Center)' provides consultation service for novel coronavirus infection. If it is suspected that you might have been infected with the virus, please contact 'Chikushi Health and Welfare Environment Office' immediately before visiting a medical institution.

As to consultation in foreign language, please contact the number below.

Fukuoka International Medical support Center TEL: 092-286-9595

- * Available all year round (24 hours per day, 365 days per year)
- *Supported Languages <u>19 languages</u>
 English, Chinese, Korean, Thai, Vietnamese, Indonesian, Tagalog, Nepali, Malay, Spanish, Portuguese, German, French, Italian, Russian, Khmer language, Myanmar, Sinhara and Mongolian

Chikushi Health and Welfare Environment Office

TEL: 092-707-0524 *Weekday only 8:30am - 5:15pm

TEL: 092-643-3288 *Night time, Weekends and National Holidays

Information on Opening Hours

June 5th Onojo Cocoro-no-furusato-kan City Museum will be CLOSED

June 7th Madokapia will be CLOSED

June 10th Citizen Service Section will be open from 9:30am to 12:30pm

June 12th Onojo Cocoro-no-furusato-kan City Museum will be CLOSED

For application or further information, please contact Community Culture Section

^{*}Information on this issue: as of Fri, May 19th